

| pilatesK 南大沢店  |  | 【 07/01 ~ 07/08 】 スケジュール |  |               |  |               |  | 2026/07/14 更新  |  |                       |  |                 |  |                |  |
|----------------|--|--------------------------|--|---------------|--|---------------|--|----------------|--|-----------------------|--|-----------------|--|----------------|--|
| 07/01          |  | 07/02                    |  | 07/03         |  | 07/04         |  | 07/05          |  | 07/06                 |  | 07/07           |  | 07/08          |  |
| 水              |  | 木                        |  | 金             |  | 土             |  | 日              |  | 月                     |  | 火               |  | 水              |  |
| 10:30 ~ 11:30  |  | close                    |  | 10:30 ~ 11:30 |  | 10:30 ~ 11:30 |  | 10:30 ~ 11:30  |  | close                 |  | 10:30 ~ 11:30   |  | 10:30 ~ 11:30  |  |
| PreBasic 🌱     |  |                          |  | Waist 🌱       |  | jump to burn  |  | Shape up waist |  |                       |  | Pilates Barre   |  | Waist 🌱        |  |
| yumika.o       |  |                          |  | COCO.H        |  | yukino        |  | yukino         |  |                       |  | yumika.o        |  | COCO.H         |  |
| 12:30 ~ 13:30  |  |                          |  | 12:00 ~ 13:00 |  | 12:00 ~ 13:00 |  | 12:30 ~ 13:30  |  |                       |  | 12:00 ~ 13:00   |  | 12:30 ~ 13:30  |  |
| Shape up waist |  |                          |  | Pilates Barre |  | Waist 🌱       |  | Basic 🌱        |  |                       |  | Pilates Workout |  | Pilates Cardio |  |
| yukino         |  |                          |  | yumika.o      |  | yumika.o      |  | COCO.H         |  |                       |  | yukino          |  | yumika.o       |  |
| close          |  |                          |  | 13:30 ~ 14:30 |  | 13:30 ~ 14:30 |  | 14:30 ~ 15:30  |  |                       |  | close           |  | 13:30 ~ 14:30  |  |
|                |  | Basic 🌱                  |  | PreBasic 🌱    |  | Pilates Barre |  | PreBasic 🌱     |  |                       |  |                 |  |                |  |
|                |  | COCO.H                   |  | yumika.o      |  | yumika.o      |  | yumika.o       |  |                       |  |                 |  |                |  |
|                |  | close                    |  | 15:00 ~ 16:00 |  | 16:30 ~ 17:30 |  | close          |  |                       |  |                 |  |                |  |
|                |  |                          |  | Hip & Leg 🌱   |  | Waist 🌱       |  |                |  |                       |  |                 |  |                |  |
|                |  |                          |  | yukino        |  | COCO.H        |  |                |  |                       |  |                 |  |                |  |
|                |  |                          |  | close         |  | close         |  |                |  | close                 |  |                 |  |                |  |
|                |  |                          |  |               |  |               |  |                |  |                       |  |                 |  | 17:30 ~ 18:30  |  |
|                |  | Beauty Conditioning 🌱    |  |               |  |               |  |                |  |                       |  |                 |  |                |  |
|                |  | yukino                   |  | close         |  | close         |  | 18:00 ~ 19:00  |  | 18:00 ~ 19:00         |  |                 |  |                |  |
|                |  | Pilates Barre            |  |               |  |               |  | Back & Arm 🌱   |  | PreBasic 🌱            |  |                 |  | Waist 🌱        |  |
| yumika.o       |  | yukino                   |  |               |  |               |  | yumika.o       |  | COCO.H                |  | COCO.H          |  |                |  |
| 19:30 ~ 20:30  |  | 19:30 ~ 20:30            |  |               |  |               |  | 19:30 ~ 20:30  |  | 19:30 ~ 20:30         |  | 19:30 ~ 20:30   |  |                |  |
| Basic 🌱        |  | Hip & Leg 🌱              |  |               |  |               |  | Pilates Cardio |  | Beauty Conditioning 🌱 |  | Back & Arm 🌱    |  |                |  |
| COCO.H         |  | Yuka.K                   |  | Sae           |  |               |  | yukino         |  | yukino                |  |                 |  |                |  |
| 21:00 ~ 22:00  |  | 21:00 ~ 22:00            |  | 21:00 ~ 22:00 |  |               |  | 21:00 ~ 22:00  |  | 21:00 ~ 22:00         |  |                 |  |                |  |
| Waist 🌱        |  | Pilates Workout          |  | Waist 🌱       |  |               |  | Basic 🌱        |  | Shape up waist        |  |                 |  |                |  |
| yumika.o       |  | yukino                   |  | COCO.H        |  |               |  | COCO.H         |  | yukino                |  |                 |  |                |  |

| pilatesK 南大沢店 |                | 【 07/09 ~ 07/16 】 |                       |               | スケジュール                |               |       |
|---------------|----------------|-------------------|-----------------------|---------------|-----------------------|---------------|-------|
| 07/09         | 07/10          | 07/11             | 07/12                 | 07/13         | 07/14                 | 07/15         | 07/16 |
| 木             | 金              | 土                 | 日                     | 月             | 火                     | 水             | 木     |
| close         | 10:30 ~ 11:30  | 10:30 ~ 11:30     | 10:30 ~ 11:30         | close         | 10:30 ~ 11:30         | 10:30 ~ 11:30 | close |
|               | Basic 🌱        | Reset Flow        | Hip & Leg 🌱           |               | Beauty Conditioning 🌱 | Back & Arm 🌱  |       |
|               | COCO.H         | yumika.o          | yukino                |               | yukino                | Marri         |       |
|               | 12:00 ~ 13:00  | 12:00 ~ 13:00     | 12:30 ~ 13:30         |               | 12:00 ~ 13:00         | 12:30 ~ 13:30 |       |
|               | Waist 🌱        | Back & Arm 🌱      | Beauty Conditioning 🌱 |               | Hip & Leg 🌱           | Reset Flow    |       |
|               | COCO.H         | 未定                | yukino                |               | yukino                | yumika.o      |       |
|               | 13:30 ~ 14:30  | 13:30 ~ 14:30     | 14:30 ~ 15:30         |               | 13:30 ~ 14:30         | close         |       |
|               | Reset Flow     | Basic 🌱           | jump to burn          |               | Back & Arm 🌱          |               |       |
|               | yumika.o       | COCO.H            | yukino                |               | yukino                |               |       |
|               | close          | 15:00 ~ 16:00     | 16:30 ~ 17:30         |               | close                 |               |       |
|               |                | Waist 🌱           | Back & Arm 🌱          |               |                       |               |       |
|               |                | COCO.H            | yukino                |               |                       |               |       |
|               |                | 17:30 ~ 18:30     |                       |               |                       |               |       |
|               | Hip & Leg 🌱    |                   |                       |               |                       |               |       |
|               | 未定             |                   |                       |               |                       |               |       |
|               | 18:00 ~ 19:00  | 18:00 ~ 19:00     | close                 |               | 18:00 ~ 19:00         |               |       |
| Waist 🌱       | Hip & Leg 🌱    | Pilates Workout   |                       | Waist 🌱       | Beauty Conditioning 🌱 |               |       |
| Lico.O        | yukino         | yukino            |                       | COCO.H        | yukino                |               |       |
| 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30     |                       | 19:30 ~ 20:30 | 19:30 ~ 20:30         |               |       |
| Reset Flow    | Shape up waist | Basic 🌱           |                       | Back & Arm 🌱  | Basic 🌱               |               |       |
| yumika.o      | yukino         | COCO.H            |                       | Miyu.F        | COCO.H                |               |       |
| 21:00 ~ 22:00 | 21:00 ~ 22:00  | 21:00 ~ 22:00     |                       | 21:00 ~ 22:00 | 21:00 ~ 22:00         |               |       |
| PreBasic 🌱    | Back & Arm 🌱   | Waist 🌱           |                       | Basic 🌱       | Shape up waist        |               |       |
| yumika.o      | yukino         | COCO.H            |                       | COCO.H        | yukino                |               |       |

🌱：体験可能レッスン  
 ・クラスの種別およびインストラクターは予告なしに変更となる場合がございます。詳細はWEBサイトをご確認ください。  
 ・ご予約されたレッスンをキャンセルされる場合は、1時間前迄にお願いしております。  
 ・レッスン開始時刻1時間前を切ったキャンセルは時間外キャンセルとなります。  
 ※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。

pilatesK 南大沢店

【 07/17 ~ 07/24 】 スケジュール

2026/07/14 更新

| 07/17          | 07/18         | 07/19          | 07/20 | 07/21         | 07/22                 | 07/23         | 07/24         |            |       |               |
|----------------|---------------|----------------|-------|---------------|-----------------------|---------------|---------------|------------|-------|---------------|
| 金              | 土             | 日              | 月     | 火             | 水                     | 木             | 金             |            |       |               |
| 10:30 ~ 11:30  | 10:30 ~ 11:30 | 10:30 ~ 11:30  | close | 10:30 ~ 11:30 | 10:30 ~ 11:30         | close         | 10:30 ~ 11:30 |            |       |               |
| Waist 🌱        | Pilates Barre | Basic 🌱        |       | jump to burn  | Basic 🌱               |               | Pilates Barre |            |       |               |
| COCO.H         | yumika.o      | COCO.H         |       | yukino        | COCO.H                |               | yumika.o      |            |       |               |
| 12:00 ~ 13:00  | 12:00 ~ 13:00 | 12:30 ~ 13:30  |       | 12:00 ~ 13:00 | 12:30 ~ 13:30         |               | 12:00 ~ 13:00 |            |       |               |
| PreBasic 🌱     | Hip & Leg 🌱   | Reset Flow     |       | Basic 🌱       | Pilates Workout       |               | Waist 🌱       |            |       |               |
| yumika.o       | yukino        | yumika.o       |       | COCO.H        | yukino                |               | Lico.O        |            |       |               |
| 13:30 ~ 14:30  | 13:30 ~ 14:30 | 14:30 ~ 15:30  |       | 13:30 ~ 14:30 | close                 |               | 13:30 ~ 14:30 |            |       |               |
| Pilates Cardio | PreBasic 🌱    | yumika.o       |       | Hip & Leg 🌱   |                       |               | close         | PreBasic 🌱 |       |               |
| yumika.o       | yumika.o      |                |       | yukino        |                       |               |               | yumika.o   |       |               |
| close          | 15:00 ~ 16:00 | 16:30 ~ 17:30  |       | close         |                       |               |               | close      | close |               |
|                | Waist 🌱       | Waist 🌱        |       |               |                       |               |               |            |       |               |
|                | Lico.O        | COCO.H         |       |               |                       |               |               |            |       |               |
|                | 17:30 ~ 18:30 | Pilates Cardio |       |               |                       |               |               |            |       |               |
|                |               |                |       |               |                       |               |               |            |       |               |
|                |               |                |       |               |                       |               |               |            |       |               |
| yumika.o       | close         | close          |       | close         |                       |               |               | close      | close |               |
| 18:00 ~ 19:00  |               |                |       |               |                       |               |               |            |       | 18:00 ~ 19:00 |
| Shape up waist |               |                |       |               | Back & Arm 🌱          | Back & Arm 🌱  | Hip & Leg 🌱   |            |       | Basic 🌱       |
| YUKA.I         |               |                |       |               | yukino                | yukino        | Akie.T        |            |       | COCO.H        |
| 19:30 ~ 20:30  |               |                |       |               | 19:30 ~ 20:30         | 19:30 ~ 20:30 | 19:30 ~ 20:30 |            |       | 19:30 ~ 20:30 |
| Reset Flow     |               |                |       |               | Waist 🌱               | Reset Flow    | Waist 🌱       |            |       | jump to burn  |
| yumika.o       | COCO.H        | yumika.o       |       | COCO.H        | yukino                |               |               |            |       |               |
| 21:00 ~ 22:00  | 21:00 ~ 22:00 | 21:00 ~ 22:00  |       | 21:00 ~ 22:00 | 21:00 ~ 22:00         | 21:00 ~ 22:00 |               |            |       |               |
| Back & Arm 🌱   | Hip & Leg 🌱   | PreBasic 🌱     |       | Back & Arm 🌱  | Beauty Conditioning 🌱 |               |               |            |       |               |
| YUKA.I         | yukino        | yumika.o       |       | Akie.T        | yukino                |               |               |            |       |               |

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【 07/25 ~ 07/31 】 スケジュール

| 07/25                 | 07/26          | 07/27 | 07/28           | 07/29         | 07/30         | 07/31                 |       |               |                |               |               |
|-----------------------|----------------|-------|-----------------|---------------|---------------|-----------------------|-------|---------------|----------------|---------------|---------------|
| 土                     | 日              | 月     | 火               | 水             | 木             | 金                     |       |               |                |               |               |
| 10:30 ~ 11:30         | 10:30 ~ 11:30  | close | 10:30 ~ 11:30   | 10:30 ~ 11:30 | close         | 10:30 ~ 11:30         |       |               |                |               |               |
| Shape up waist        | Waist 🌱        |       | Reset Flow      | Hip & Leg 🌱   |               | Back & Arm 🌱          |       |               |                |               |               |
| yukino                | COCO.H         |       | yumika.o        | Akie.T        |               | Akie.T                |       |               |                |               |               |
| 12:00 ~ 13:00         | 12:30 ~ 13:30  |       | 12:00 ~ 13:00   | 12:30 ~ 13:30 |               | 12:00 ~ 13:00         |       |               |                |               |               |
| PreBasic 🌱            | Pilates Cardio |       | Shape up waist  | Back & Arm 🌱  |               | Waist 🌱               |       |               |                |               |               |
| yumika.o              | yukino         |       | yukino          | Akie.T        |               | COCO.H                |       |               |                |               |               |
| 13:30 ~ 14:30         | 14:30 ~ 15:30  |       | 13:30 ~ 14:30   | close         |               | 13:30 ~ 14:30         |       |               |                |               |               |
| Beauty Conditioning 🌱 | Basic 🌱        |       | PreBasic 🌱      |               |               | Hip & Leg 🌱           |       |               |                |               |               |
| yukino                | COCO.H         |       | yumika.o        |               |               | Akie.T                |       |               |                |               |               |
| 15:00 ~ 16:00         | 16:30 ~ 17:30  |       | close           |               |               | close                 | close |               |                |               |               |
| Waist 🌱               | Back & Arm 🌱   |       |                 |               |               |                       |       |               |                |               |               |
| yumika.o              | yukino         |       |                 |               |               |                       |       |               |                |               |               |
| close                 | close          |       |                 |               |               |                       |       | close         | close          |               |               |
|                       |                |       |                 |               |               |                       |       |               |                |               |               |
|                       |                |       |                 |               |               |                       |       |               |                |               |               |
|                       |                |       |                 |               |               |                       |       |               |                |               |               |
| 17:30 ~ 18:30         | close          |       |                 |               |               |                       |       | 18:00 ~ 19:00 | 18:00 ~ 19:00  | 18:00 ~ 19:00 | 18:00 ~ 19:00 |
| Reset Flow            |                |       |                 |               |               |                       |       | Waist 🌱       | Pilates Cardio | Basic 🌱       | Reset Flow    |
| yumika.o              |                |       |                 |               |               |                       |       | COCO.H        | yumika.o       | COCO.H        | yumika.o      |
| close                 |                | close |                 |               | 19:30 ~ 20:30 |                       |       | 19:30 ~ 20:30 | 19:30 ~ 20:30  | 19:30 ~ 20:30 |               |
|                       |                |       | Pilates Workout | Basic 🌱       | Back & Arm 🌱  | Beauty Conditioning 🌱 |       |               |                |               |               |
|                       |                |       | yukino          | COCO.H        | Akie.T        | yukino                |       |               |                |               |               |
|                       |                |       | 21:00 ~ 22:00   | 21:00 ~ 22:00 | ~ 22:00       | 21:00 ~ 22:00         |       |               |                |               |               |
|                       |                |       | Basic 🌱         | Reset Flow    | Hip & Leg 🌱   | Pilates Barea         |       |               |                |               |               |
|                       |                |       | COCO.H          | yumika.o      | Akie.T        | yumika.o              |       |               |                |               |               |
|                       |                |       | close           | close         | close         | close                 |       |               |                |               |               |
|                       |                |       |                 |               |               |                       |       |               |                |               |               |

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※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。